



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Governor Dalrymple Proclaims Breast Cancer Awareness Month

BISMARCK, N.D. – Governor Jack Dalrymple has proclaimed October 2013 as Breast Cancer Awareness Month in North Dakota.

Statistics show that one out of eight women in North Dakota will get breast cancer in her lifetime. In addition, breast cancer is the second leading cause of cancer deaths. On average, 565 women were diagnosed with breast cancer and 92 women died each year from 2006 through 2010, according to the North Dakota Statewide Cancer Registry.

“While most people are aware of breast cancer, many forget to take the steps needed to detect the disease in its early stages and encourage others to do the same,” said Susan Mormann, director of the Division of Cancer Prevention and Control for the Department of Health. “We have made a lot of progress, but still have a long way to go and need your help to assure women are being screened!”

Early Detection is your best protection! Screening tests include a clinical breast exam and a mammogram. A clinical breast exam is when a health-care provider looks for and feels for any changes in your breasts. A mammogram is an x-ray of the breast. It can detect breast cancer two to three years before a lump can be felt.

The Department of Health encourages women to take charge and take the following steps:

- Every woman needs to talk to her health-care provider about her risk factors for breast cancer to determine when to begin and how often to have clinical breast exams and mammograms. It is also important for women to be aware of what is normal for them and to see their health-care provider if they notice any breast changes.
- Check with your health insurance company to find out what your insurance covers.
- Breast Cancer Screening – Do it for yourself...Do it for your family!

– more –

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Getting tested may be a challenge for some women. *Women's Way*, North Dakota's Breast and Cervical Cancer Early Detection Program, may provide a way to pay for clinical breast exams and mammograms, as well as Pap tests and pelvic exams, for eligible North Dakota women ages 40 through 64. Since 1997, *Women's Way* has screened more than 13,100 women. Through these screenings, 255 breast cancers and 315 cervical cancers and pre-cancers have been detected.

For more information about *Women's Way*, call the toll-free number 1.800.44 WOMEN (800.449.6636) or visit the *Women's Way* website at www.ndhealth.gov/womensway.

For more information about Breast Cancer Awareness Month, contact Barb Steiner, North Dakota Department of Health, at 701.328.2389.

Please note: Proclamation follows on next page.

– 30 –

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PROCLAMATION
BREAST CANCER AWARENESS MONTH
October 2013

WHEREAS, breast cancer is the most commonly diagnosed cancer in women in North Dakota; and

WHEREAS, about 565 North Dakotans will be diagnosed with breast cancer this year; and

WHEREAS, about 5,000 North Dakotans are breast cancer survivors; and

WHEREAS, it is important to continue the fight against breast cancer and to reduce the risk of this disease among our citizens; and

WHEREAS, October 18 is National Mammography Day, a day set aside to encourage women to make a mammography appointment and to promote the importance of regular mammography screenings in the early detection and prompt treatment of breast cancer; and

WHEREAS, North Dakota women are encouraged to take preventive action, including performing monthly breast self-examinations, getting regular clinical breast examinations and following the American Cancer Society's guidelines for having a screening mammogram.

NOW, THEREFORE, as the Governor of the State of North Dakota, I do hereby proclaim October 2013, BREAST CANCER AWARENESS MONTH in the State of North Dakota.

Jack Dalrymple
Governor